

OnTrak™ Program

Care Coaching and Counseling



The OnTrak program combines Care Coaching by a nurse with support from a licensed counselor. Together they may help you to feel stronger and more able to meet life's challenges.

Your Care Coach and counselor will listen to you with compassion and without judgment. They will support and encourage you, which can make a big difference in your daily life. And your Care Coach and counselor are on *your* side, always there for you.

Here are some of the ways that Care Coaching and counseling may help you:

- Feel more in control and less overwhelmed
- Experience greater peace of mind, less worry and fewer negative thoughts
- Have a safe outlet to discuss problems with experts who can help
- Gain emotional and physical relief
- Build a personal, comprehensive plan for your health and goals
- Deal with any health issues you face
- Identify barriers that keep you from moving forward
- Learn to cope better with physical or mental challenges
- Improve your relationships and reduce conflict
- Develop strength and confidence to handle tough times
- Find more clarity and meaning in your life

You aren't alone. Your Care Coach and counselor can help you rediscover hope and contentment.

Give us a call today to get started.



1-866-517-1417

stayontrak.com

contact@stayontrak.com

Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.